

# DISTRICT/USFA LAUNCH FASTBALL LEAGUE

Now, people longing to play baseball with all the benefits of softball can play a new game called, Fastball. Fastball is a new game that can be played by people of any age, gender, and ability, and will be introduced by the Elk Grove CSD on Tuesday nights at the Elk Grove complex. A demonstration game is scheduled to be played on Tuesday, March 23, 2004, from 6:30pm to 8:30pm. Everyone is invited to participate.

Played on a standard softball field, fastball features overhand pitching at speeds regulated by a radar gun, and displayed with a digital readout. Speed divisions are: 30 to 40 mph; 40 to 50 mph; 45 to 55 mph; 50 to 60 mph; and 60 to 70 mph. Pitchers are not allowed to throw breaking pitches, or pitches outside the speed range of their division. Anyone can play. The ball used in fastball is a reduced impact ball, slightly larger than a baseball but smaller than a softball, making it easier to grip and throw. National Fastball sponsor Rawlings Sporting Goods has specially designed the reduced injury ball, and has patented it's rights.



Fastball is coming to town!

Fastball utilizes wood bats that give the game an authentic baseball feel. In the Elk Grove league, Fastball will be played in 55 minutes or seven innings whichever comes first. Three balls for a walk and two strikes for a strikeout make the game move quickly. The different speed divisions accommodate different skill levels. By allowing bunts, base stealing, and hit-and-runs, Fastball offers more of the strategy of baseball than slow pitch softball and more offense than fast pitch softball.

Five-time Major League All-Star second baseman Steve Sax is the national spokesman for Fastball and calls it "the most exciting new game to be invented in 100 years" and goes on to say, "This is a game I will still be able to play when I am a grandfather, and - compared to softball - I don't have to give up a lot of the excitement of baseball to play it." Fastball's slogan is, "If you like baseball and softball, you'll love fastball".

"The recent affiliation with USSSA-Baseball, offers existing and new softball/baseball teams the ability to participate in an absolutely wonderful selection of **Fastball** activities", says **USFA President**, and thirty year resident of Elk Grove, **Val Lewis**. "These activities range from local leagues, to local and national tournaments, featuring sites such as Disney World, Phoenix, and Las Vegas. In addition to tournaments, the registration fee of only \$30/year, allows each team and player to also have their team and individual stats ranked with every other team and player in the nation by gender, age, and ability on the national web site. It's fantastic!"

Visit [www.usfastball.com](http://www.usfastball.com) to check out the details of the game. To reserve a place in the league, existing teams, corporate/business teams, and individuals can call the following numbers: 240-8705, 606-4953, 685-5358, or sign up at the demonstration game.